

August 2021

West Linn Adult Community Center

The Center enriches the lives of those 50 and better in the West Linn and surrounding areas by providing social, recreational, health and educational services and programs.

CITY OF
**West
Linn**

PARKS & RECREATION
Adult Community Center

1180 Rosemont Road
West Linn, OR 97068
503-557-4704

www.westlinnoregon.gov/parksrec

NEWSLETTER

CONNECT,
SERVE,
GROW.



West Linn Adult Community Center Newsletter

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The WLACC Newsletter editor reserves the right to edit, or shorten articles submitted.

Hello ACC Patrons and Friends,



We have so enjoyed seeing so many familiar and new faces around the ACC this last month! We wanted to send out a quick newsletter update for August as we are now getting more of our activities and classes confirmed.

We are also actively working on our meals program and bus trips and hope to bring those back in the fall. We'll send out special updates as they come along.

Warmly, Tiffany and Meghan ~

tcarlson@westlinnoregon.gov or mmatthies@westlinnoregon.gov



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Schedule of On-going Activities:

Please note that details may change after printing. Please confirm with the front desk for latest information on your chosen activity.

EXERCISE CLASSES:

Aerobics Class: Mondays, Wednesdays & Fridays 10:00-11:00pm. Join in on the fun with this video based morning aerobic class. What a great way to start your day! No Charge.

Core Strength: Tuesdays & Fridays 8:00-8:30pm. Resistance weight training program helps to build core strength in a safe manner. Yoga and Pilates moves build a strong core and healthy back. Please bring small hand-held weights, yoga mat, towel and water. Taught by Jacquelyn Rodgers. Current term begins August 3rd-September 9th. \$67 for 2x/wk or \$6.50 drop in.

Yoga and Strength: Tuesdays & Thursdays 10:00-11:00am. Gentle Yoga and Strength is a comprehensive and gentle class covering balance, strength and stretching moves while relaxing your body and mind. Taught by Tiffany Carlson. Currently at full capacity.

Fall Series Qigong: Mondays 10:00 - 12:00pm. This class will consist of warm up stretching exercises to stretch the physical aspects of the body as well as the lymph, blood, and neurological aspects of the body. This form strengthens bones and tendons, strengthens the four limbs, and harmonizes the organs, energy, and blood. Taught by Master Qigong Teacher Lyndalea Ruffner, board certified by the Ling Gui International Healing Qigong School and the Tai Chi for Health institute.

Qigong for Balance and Fall Prevention: Wednesdays 10:00 - 12:00pm. This class is specifically designed for seniors experiencing issues with balance, those fearful of falling and those who have already fallen and/or may have mobility concerns. This class will help students reduce fall risks and promote improvement in balance and self-confidence. The class will consist of warm up exercises, balance routine and cool down exercises and will be taught in both a seated and standing position. Students should dress comfortably and wear comfortable shoes with good support.

Staying Alive with Strength and Balance: Tuesdays & Fridays 8:40-9:40am. Improve your strength and balance to conquer those every day activities! You will utilize small hand weights, chairs and standing exercises. Taught by Jacquelyn Rodgers. Current term begins August 3rd-September 9th. \$81 for 2x/wk or \$8 drop in.

Walking Group: Mondays, Wednesdays and Fridays. Meeting point at the Center at 8:30-9:30am. Walk the neighborhood for about 3 miles with friends.

MUSIC AND DRAMA:

(No charge unless otherwise noted)

Drama Group: Mondays at 1:00pm. A drama group focusing on funny. Volunteers for sets, costuming, and performance night always needed. Special note: This group is currently on pause and plans to return in September! Please check back in with the front desk if you are interested in joining.

West Linn Uke Jam: Tuesdays at 2:00pm. Play the ukulele! Your skill level is unimportant, just bring your Ukulele, and your willingness to join in, learn and have fun!

Share Singers: Current schedule TBD. We travel to assisted living facilities and share conversations and sing-along's with residents. Some Thursdays. Please call for schedule.

Marimba Ensemble: Thursdays, 12:15-1:15pm. Gather together once each week and learn and perform repetitive patterns and parts on the various Instruments in our ensemble. Ongoing, \$15 per class.

GAMES:

(No charge unless otherwise noted)

Bridge: Mondays at 12:00-3:00pm.

Hand and Foot: Mondays at 10:00-12:00am.

Pinochle: Tuesdays, Wednesdays and Fridays, 12:30-3:00pm.

Texas Hold 'Em: Fridays at 12:45pm. (\$5 buy-in.)

Whist: Fridays at 10:00am.

Mah Jongg: Fridays at 1:00pm.

SPECIAL INTEREST GROUPS/-OFFERINGS:

(No charge unless otherwise noted)

Foot Clinic: Held every 1st and 3rd Wednesday of every month, from 9:00 am-2:30pm. Call 503-557-4704 for an appointment. Fee \$30.

SPECIAL INTEREST GROUPS/- OFFERINGS (Continued)

Adult coloring (art meditation): Thursdays from 1:00-3:00pm. Research shows that adult coloring has a de-stressing power and can be therapeutic to the older adult mind. Come join this activity and enjoy the relaxing benefits of coloring with friends. You may bring your own book or borrow one from us.

Knitting Group: Thursdays from 10:00-12:00pm. Do you enjoy good conversation while working on a project? Bring your knitting and/or crocheting and join this fun Thursday morning group. Any knowledge level is welcome.

Wood Carving: Mondays at 9:00-12:00pm.

Writing – “Honoring Our Memories”: Tuesdays at 10:00-12:00pm. Topics vary. It may be fiction or based on your own personal life experience. Writing about the past can be especially important for the future generations.

COMING SOON!

Bus trips: returning soon! Stay tuned for details on trips in the coming weeks.

Group guitar lessons: If you have interest in learning the guitar or sharpening your skills, let us know and we will include your name on the interest sheet at the front desk. Time and day may be **Wednesdays at 1:00pm** but there is flexibility as we know more. Taught by Warren Guest.

We always encourage suggestions of new activities. Call the Center at 503-557-4704 and we'll see what we can do!!

UPDATES:

Community Updates:

Would you like to be a volunteer with WLACC? We are looking for social individuals who would like to assist the WLACC in being a wonderful resource to our Senior Community. Opportunities exist with: Front Desk Duties (answering phones, greeting community members), library organizing, Food Service and Hospitality. Please get in contact with Tiffany or Meghan for further details. We have included the Volunteer Application form as well on pages 6 and 7.

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Classic Peanut Butter Cookies — Courtesy of Debbie Schwindt



New volunteer, Debbie Schwindt, has been baking away at the Adult Community Center to delight our patrons with delicious cookies! She has also been joined by another new volunteer, Cathy Leavy, in the cookie making process. We are grateful to have them! We've included one of their recipes they used for amazing peanut butter cookies in case you'd like to make them at home as well!

Ingredients:

- 1 cup unsalted butter
- 1 cup crunchy peanut butter
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 large eggs
- 2½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1½ teaspoons baking soda

Directions:

1. Cream butter, peanut butter, and sugars together in a bowl; beat in eggs.
2. In a separate bowl, sift flour, baking powder, baking soda, and salt; stir into butter mixture. Put dough in refrigerator for 1 hour.
3. Roll dough into 1 inch balls and put on baking sheets. Flatten each ball with a fork, making a crisscross pattern. Bake in a preheated 375 degrees F oven for about 10 minutes or until cookies begin to brown.



Prep: 15 mins. — Cook: 10 mins. — Additional: 1 hr. — Total: 1 hr. 25 mins. — Servings: 24 — Yield: 4 dozen

Nutrition Facts Per Serving: 252 calories; protein 4.5g; carbohydrates 29.7g; fat 13.6g; cholesterol 35.8mg; sodium 209.4mg.

Have a favorite recipe to share? Please send a copy to Meghan Matthies for inclusion in the next newsletter.



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West Linn Parks and Recreation
West Linn Adult Community Center
(503) 557-4704

Volunteer Application Form

Tiffany Carlson, Recreation Coordinator--tcarlson@westlinnoregon.gov
Meghan Matthies, Recreation Coordinator – mmatthies@westlinnoregon.gov

Thank you for your interest in volunteer opportunities with the West Linn Adult Community Center (Parks and Recreation). Please complete the form below:

First Name _____ Last Name _____
Address _____
Cell # _____ Home # _____
Email Address _____

Why are you interested in volunteering with West Linn Adult Community Center: _____

Please check activities you are interested in volunteering for:

___ Front Desk Reception ___ Bus Driver
___ Library ___ Newsletter
___ Kitchen/Dining Room Lunch Service ___ Other _____

Shifts at reception are offered from 9am-12pm and 12pm-3pm Monday through Friday. Shifts in the gift shop are offered from 10am-2pm Monday through Friday. Shifts in the kitchen/dining room are offered from 11am-1:30pm Monday, Wednesday, and Friday. Bus driving needs are 1-2x/month.

Please indicate the days and times you would be available to volunteer for the activities listed above:

MON: _____ **TUE:** _____ **WED:** _____ **THU:** _____ **FRI:** _____

Emergency Contact Name:_____

Contact Phone Number:_____

Volunteer Agreement:

As a volunteer and representative of the West Linn Adult Community Center, I agree to the following:

1. I agree to be conscious of my duties, conduct myself in a professional manner, and be respectful to others.
2. I agree to adhere to all safety instructions and report any concerns regarding my personal safety or the safety of others.
3. I agree to be punctual, and if unable to work at a scheduled time, I will contact the Volunteer Coordinator at my earliest opportunity.
4. I understand my services are donated to the City of West Linn without compensation or the promise of future employment
5. I understand WLACC (WLP&R) reserves the right to terminate my volunteer status as a result of:
 - A. Lack of available assignments in duties I am trained and/or qualified to do
 - B. Failure to comply
 - C. Absence without prior notification
 - D. Any other circumstance that is judged by administration to show my services are not in the best interest of WLACC

I have read and agree to the terms of service.

Signature:_____ Date:_____

Please return completed form to Recreation Coordinators at West Linn Adult Community Center.

August 2021 West Linn Adult Community Center – (503) 557-4704

2 MONDAY 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Bridge	3 TUESDAY 8:00- Core Strength 8:40- Strength & Balance 10:00- Honoring Our Mem- ories Writing 10:00- Gentle Yoga 12:30- Pinochle 2:00- WL Uke Jam	4 WEDNESDAY 8:30- Walking Group 9:00- Foot Care by Appt. 10:00- Aerobics 10:00- Qigong 12:30- Pinochle	5 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	6 FRIDAY 8:00- Core Strength 8:30- Walking Group 8:40- Strength & Balance 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg
9 MONDAY 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Bridge	10 TUESDAY 8:00- Core Strength 8:40- Strength & Balance 10:00- Honoring Our Mem- ories Writing 10:00- Gentle Yoga 12:30- Pinochle 2:00- WL Uke Jam	11 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 10:00- Qigong 12:30- Pinochle	12 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	13 FRIDAY 8:00- Core Strength 8:30- Walking Group 8:40- Strength & Balance 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg
16 MONDAY 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Bridge	17 TUESDAY 8:00- Core Strength 8:40- Strength & Balance 10:00- Honoring Our Mem- ories Writing 10:00- Gentle Yoga 12:30- Pinochle 2:00- WL Uke Jam	18 WEDNESDAY 8:30- Walking Group 9:00- Foot Care by Appt. 10:00- Aerobics 10:00- Qigong 12:30- Pinochle	19 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	20 FRIDAY 8:00- Core Strength 8:30- Walking Group 8:40- Strength & Balance 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg
23 MONDAY 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Bridge	24 TUESDAY 8:00- Core Strength 8:40- Strength & Balance 10:00- Honoring Our Mem- ories Writing 10:00- Yoga and Strength 12:30- Pinochle 2:00- WL Uke Jam	25 WEDNESDAY 8:30- Walking Group 10:00- Aerobics 10:00- Qigong 12:30- Pinochle	26 THURSDAY 10:00-Gentle Yoga and Strength 10:00- Knitting & Crocheting 12:15- Marimba Ensemble 1:00- Adult Coloring	27 FRIDAY 8:00- Core Strength 8:30- Walking Group 8:40- Strength & Balance 10:00- Open Painting 10:00- Aerobics 10:00- Whist 12:30- Pinochle 12:45- Texas Hold ‘Em 1:00- Mah Jongg
30 MONDAY 8:30- Walking Group 9:00- Wood Carving 10:00- Aerobics 10:00- Qigong 10:00- Hand and Foot 12:00- Bridge	31 TUESDAY 8:00- Core Strength 8:40- Strength & Balance 10:00- Honoring Our Mem- ories Writing 10:00- Yoga and Strength 12:30- Pinochle 2:00- WL Uke Jam			